

## Dynamic Warm Up

### *Goals*

- *Loosen up muscles*
- *Get Heart Rate Going*
- *Establish Mindset for Strength Training Session*

:30 A Skips

:20 Butt Kicks

:10 RUN in place- drive knees high

:30 Shoulder Gators

:60 Dynamic Runners Lunge

:30 Knee Hugs Alternating

:30 Forward Shoulder Circles (small and tight)

:30 Reverse Shoulder Circles (small and tight)

:30 Dynamic Quad Stretch

:30 In place Hamstring Scoops

10 x Inch Worms with push up (hands walk out and then walk back with big stretch at top)

40 x Jumping Jacks